


**HOW THE
ECONOMY
AFFECTS
RELATIONSHIPS**



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Call for Training/Lecture

**Problems frequently given for
divorce and break-ups**

Physical Abuse
Infidelity – Cheating
Emotional Abuse
Addictions
Financial Difficulties



**A declining economy may consist
of the following:**

Layoffs
Furloughs
Salary Reduction
Employee Terminations
Losses in Financial Investments
Increases in Spousal & Child Support
Reduction in Medical, Dental, Retirement
And Other Benefits



**A declining economy may be very stressful
causing abuse and break-ups in a relationship.**

Effects of stress can make you cranky, irritable, and abusive to your partner and others.

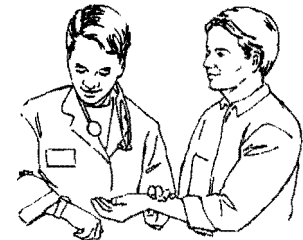
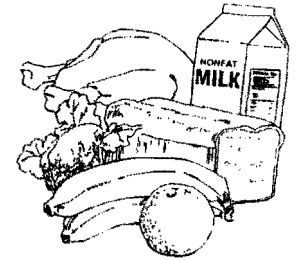
- Verbal Abuse
- Physical Abuse
- Emotional Abuse
- Child Abuse & Neglect
- Elder Abuse & Neglect
- Excessive Drinking & Smoking



- Sexual Problems and/or Dysfunction
- Problems at Work and the Community
- Neglect of Your Own & Family's Medical Needs
- Excessive Use of Prescribed and/or Non-Prescribed Drugs

Ways to relieve stress

- Eat Properly
- Learn to Relax
- Get Enough Sleep
- Exercise Regularly
- See your health provider
- Manage your time wisely
- Talk to a counselor/therapist



Financial Education Counseling may help reduce financial stress, which involves knowing and understanding the often complex principles of earnings, spending, saving, and investments.



Key Points

Never buy anything you can't afford

Never invest in anything you don't understand

Trust your gut feeling – some things are too good to be true

If the abuse begins or continues by your partner, develop a Safety, Escape, & Protection Plan from the abuser.

Safety Plan – What to do when you/children are threatened by abuse and/or violence in the home

Escape Plan – Develop a safe plan for leaving the abuser



Protection Plan – After leaving the abuser plan to keep him from contacting you. The Criminal Court/Family Court can issue a Restraining Order or Stay Away Order.



The economy will get better



and hopefully



your relationship will get better also.